

Chicken with Creamy Spinach Artichoke Sauce

1 lb - of boneless, skinless chicken breasts
olive oil
garlic
almond flour
fresh spinach (approx. 1 cup)
1- 14 oz can -artichoke hearts in water (not oil)
1 - 14 oz can light coconut milk
red pepper flakes
spaghetti squash
green beans

Easy Chickpea and Potato Curry

1 - onion
olive oil
garlic
curry powder
allspice
nutmeg
smoked paprika
dried thyme
cumin
cayenne pepper
white pepper
1 1/2 cups of sweet potato or yams
2- 14 oz cans of garbanzo beans (chickpeas)
1 - 14 oz can diced tomatoes
2 cups- vegetable broth
green onions
fresh parsley
broccoli

Garlic Baked Tilapia in Foil with Asparagus and Tomatoes

4 -tilapia filets
garlic
olive oil
1 - lemon
1 lb - asparagus
1- 12 oz package of cherry tomatoes
brown rice

Italian Sausage and Peppers

olive oil
1 lb chicken or turkey Italian (sweet or hot) sausage
1- green bell pepper
1- red bell pepper
2 - sweet onions
garlic
tomato paste
1- 14 oz can- diced tomatoes

dried oregano
dried basil
red pepper flakes
2 large sweet potatoes or yams
1/2 c - chicken broth

Chili Dusted Chicken and sweet potato noodles with Avocado Sauce

1 lb chicken breasts
1- package of sweet potato noodles or 2 sweet potatoes to spiralize at home
1 cup- cherry tomatoes
avocado oil or olive oil
chili powder
garlic powder
cumin
paprika
onion powder
red pepper flakes

AVOCADO LIME SAUCE

2 - medium avocados
1 14 oz can- light coconut milk
3- limes
cilantro
stuff for a green salad